

EPI Update for Friday, February 4, 2005
Center For Acute Disease Epidemiology
Iowa Department of Public Health

Items for this week's EPI Update include:

- **Avian Influenza Travel Update**
- **Public Health Legislation**
- **Having a Super Bowl Party?**
- **The Epi 5**
- **Meeting Announcements and Training Opportunities**

Avian Influenza Travel Update

The Centers for Disease Control and Prevention (CDC) has elevated its previous notice to travelers about avian influenza A (H5N1) in Asia from an **Outbreak Notice** to a **Travel Health Precaution**, which indicates the outbreak is affecting a larger geographic area.

While the CDC does not currently recommend any restrictions on travel to those countries experiencing outbreaks of avian influenza in poultry flocks, it does offer these suggestions:

- Avoid areas with live poultry, such as live animal markets and poultry farms.
- Wash your hands often, using either soap and water or waterless alcohol-based hand rubs.
- Ensure poultry and eggs are thoroughly cooked.
- Monitor your health; if you become ill with fever, difficulty breathing, cough, or any illness during this period, consult a health-care provider.

For more information on travel health precautions regarding avian influenza, consult the CDC website at

http://www.cdc.gov/travel/other/avian_flu_vietnam_2005_travelers.htm

Public Health Legislation:

We wanted to remind everyone that the Legislature is in session. The current edition of the Iowa Department of Public Health Legislative Update is posted on the department's web page at the following link.

http://www.idph.state.ia.us/do/legis/archive/11_03.pdf

Having a Super Bowl Party?

You may or may not know the difference between a wide receiver and a quarterback, but if you are having or going to a get-together for the big game, here are some tips to make sure it's safe and healthy.

Food

Eat healthy before you go to the party so you won't be as likely to overindulge. Hosting the party? Although you may choose to have the typical pizza, wings, and chips, add some healthy snacks to the menu.

- Include fresh fruits and vegetables such as apple halves or carrot sticks.
- Provide fat-free, low-fat, or low-calorie foods and beverages.
- Offer foods and beverages low in added sugars; and serve foods that are low in salt and sodium.

Physical Activity

Watching pre-game activities as well as the game may mean that you are sitting for a long period of time.. Make sure you get in some physical activity. Adults should engage in moderate-intensity physical activities for at least 30 minutes on 5 or more days of the week.

- Play a quick game of touch football or toss the football around at half-time.
- Exercise while watching TV by lifting hand weights, stretching, or using a stationary bicycle, treadmill, or stair- climber.
- Take a brisk walk.
- Climb up and down the stairs.

Drinking

For some, drinking alcohol is part of the celebration. But drinking can also place you and others at risk for injury or death. An alcohol-related motor vehicle crash kills someone every 31 minutes and nonfatally injures someone every two minutes. Excessive alcohol consumption is an important factor in more than 100,000 deaths in the United States each year. Alcohol and drug use have also been identified as factors that may increase the risk of sexual violence.

- If you drink alcohol, do so in moderation.
- Don't drink and drive. Have a designated driver if you are driving to or from watching the game.

Injury

Whether you decide to do an instant replay on your own or sit next to a "passionate" fan rooting for the other team, remember that injuries can easily happen. Parties can be fun, but it's important to pay close attention to things that may cause injury.

- Watch those kids. Never leave children unattended.
- Avoid wearing clothing or costumes that obstruct your vision or restrict your movement.
- Make sure your pets can handle the excitement before placing them in new or strange situations.
- Never use generators, grills, camp stoves, or other gasoline, propane, natural gas, or charcoal-burning devices inside your home, basement, garage, or camper or even outside near an open window.
- Have a fire extinguisher nearby when using a grill or cooking in case there's an accidental flare-up.
- Have a first aid kit in your home and vehicle to handle injuries, like small cuts and bruises.
- Wear seatbelts on your way to and from the party.

Enjoy the game!

For more information go to CDC's website:

<http://www.cdc.gov/men/suprbowl.htm>

The Epi 5:

Here are the trivia questions from last week on epidemiology and its history:

1. What is secondary prevention?
2. What are the differences between an endemic, epidemic, and pandemic disease?
3. What are the three components of the "Epi Triangle"?
4. What fourth component can be considered part of the "Epi Triangle"?
5. What is the miasmatic theory of disease?

Here are the answers to last week's questions:

1. Detection of a disease in its early stage through screening and intervention.
2. Endemic means the constant presence of a disease in a community, epidemic/outbreak means the occurrence of illness in a community in excess of what is normal, and pandemic refers to a worldwide epidemic.
3. Host, Agent, and Environment
4. Vector
5. The theory that disease was transmitted by a cloud of "bad" air. In fact, the word "malaria" means bad air, because it was previously thought that breathing the bad air of swamps was the cause of malaria. (We now know it is the mosquitoes of those swamps that carry the disease).

Meeting Announcement and Training Opportunities:

Partnering for a Healthy Iowa

The 2005 Public Health Conference 'Partnering for a Healthy Iowa' will be March 29-30, at the Iowa State Center Schemen Building in Ames, Iowa. The 2005 Public Health Conference is a great opportunity to explore the future of public health and ensure quality programs and services that reflect the core functions of public health: assessment, policy development, and assurance.

The intended audience for the 2005 Public Health Conference is public health professionals practicing in various settings. Practitioners include public health administrators, environmental sanitarians, nurses, dietitians, family and consumer science specialists, social workers, pediatricians, Boards of Health, Boards of Supervisors, family physicians, dentists, dental hygienists, health educators, statisticians, epidemiologists, laboratory scientists, parents, and others interested in assuring the health of individuals, families, and communities. Students in public health, health education/promotion, or other allied health sciences are also welcome. Early-bird registration is by March 1. For more information contact Sara Patkin at (515) 963-8664 or email m spatkin@yahoo.com <mailto:m spatkin@yahoo.com> or view the conference brochure:

http://www.idph.state.ia.us/common/pdf/conferences/2005_conference_brochure.pdf
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Preparedness Training Program Now Accepting Applications

Disaster planning and response. Emerging infectious diseases. Risk communication. Are you up-to-speed with the latest preparedness topics? Applications are now being accepted for the 2005 Train-the-Trainer program sponsored by the Upper Midwest Center for Public Health Preparedness, based in the University of Iowa College of Public Health. The eight-month training program provides participants with current information in public health science and the systems of response. Participants represent a wide variety of disciplines and are selected from the states of Iowa, Nebraska, and South Dakota. For more information about the program or to fill out an online application form, visit http://www.public-health.uiowa.edu/icphp/ed_training/ttt/, or contact Angela Harding at (319) 335-8451 or angela-harding@uiowa.edu <<mailto:angela-harding@uiowa.edu>>. Applications are due March 15, 2005, and the training program will begin in April 2005.

Spring 2005 Iowa AWWA Regional Meetings- Water Security Workshops

Bringing People Together for Safer Drinking Water

Safe drinking water is vital to sustaining our nation's infrastructure. This one-day workshop is designed to bring multiple disciplines together to discuss how to handle a water emergency. Whether it is a natural disaster or terrorist incident how will your community handle a loss of its water supply for 3 hours, 3 days, or 3 weeks? The purpose of this workshop is to bring people from a variety of disciplines and communities together for safer water. This workshop will benefit communities of any size.

Audience: Federal/State/Local Emergency Management Agencies (LEPCs, etc.), Public Utility Agencies, Emergency Responders, Local Fire/HAZMAT Personnel, Public Health Officials, Environmental Regulators, Law Enforcement Officials, Water and Wastewater Operators

Sponsored By: Iowa Section American Water Works Association, Environmental Protection Agency Region 7, Iowa Department of Natural Resources, and Iowa Department of Homeland Security and Emergency Management

Schedule:

City	Date	Location
Dubuque	March 2, 2005	NE Community College
Newton	March 9, 2005	DMACC - Newton
Burlington	March 16, 2005	Grand Orleans Hotel
Storm Lake	March 22, 2005	Buena Vista University
Creston	March 23, 2005	SW Community College
Mason City	April 7, 2005	Music Man Square

To register or to view the program flyer visit:

<http://www.iowadnr.com/watersecurity/events.html> > .